

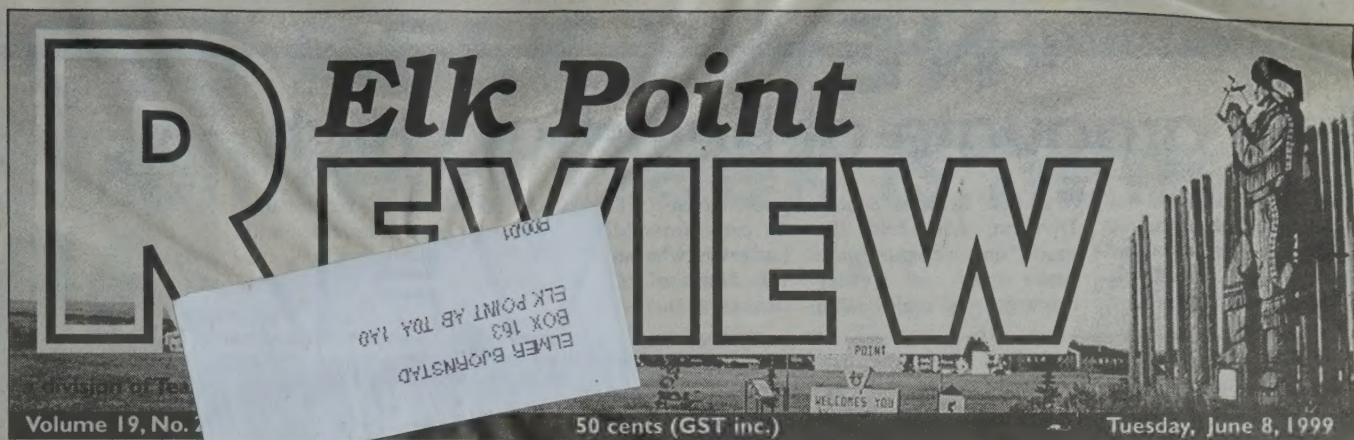
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the review
THIS WEEK

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WEEK**

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Melissa DeSilva, James Babenek show Elk Point 4-H Multi Club champions

Elk Point 4-H Multi Club held their 34th annual Achievement Day on Saturday, June 5, with 10 senior members and 18 junior members proudly exhibiting this year's steer and heifer projects.



MELISSA DESILVA proudly accepted the Elk Point Co-op trophy from Danelle Brown for her Grand Champion steer.

The afternoon began with the 4-H Pledge, led by Leanne Ference and Shawna Wruth. First on the agenda was the Grooming Competition, where Peter Danyluk placed first for the Elk Point Insurance award and Amanda Wirsta second for the Gibsons Petroleum trophy in the Senior category, and Jaylynn Wirsta placed first for the Home Town Grocers trophy and Nichole Havener second for the Gibsons Petroleum trophy in the Junior group.

The Heifer Conformation Class saw Peter Danyluk take home the Wozniak Bulk Sales

trophy for Grand Champion, while Mallory Paquette showed the Reserve for the Lakeland Tirecraft trophy. In the Cow-Calf Class, James Babenek accepted the Toronto Dominion Bank trophy for Grand Champion and Mark Ference showed the Reserve Champion for the C. J. Petroleum trophy. James Babenek's cow-calf pair went on to win the Supreme Female banner sponsored by Lazy H Simmentals, with the Reserve banner from Banana Hill Farms going to Peter Danyluk for his yearling. Babenek also won the

Herd Class award sponsored by George and Diana Anderson, while Kyle Kurek won the Reserve award from L7R Limousins.

All members took part in the Judging Competition, with James Babenek first in the Senior division for the Lloyd Heavy Crude trophy, Michelle Leckie second for an award sponsored by Sharkey's Sand and Gravel. Nichole Havener was the Junior winner for the Cal's Home Hardware trophy, while Colin Ference was second for the Wowk's Petroleum award.

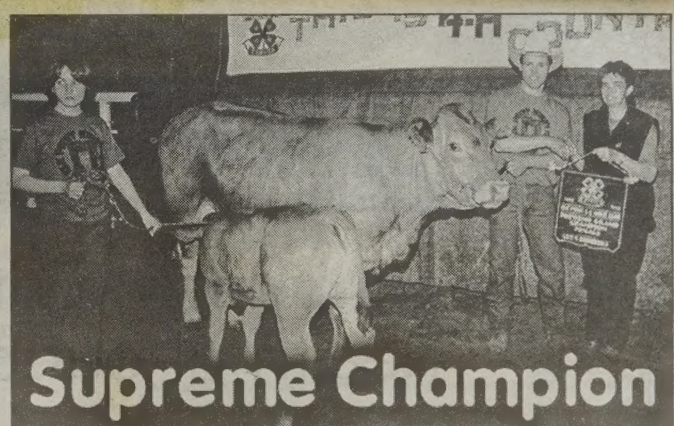
The Steer Class followed a brief intermission. First-year 4-H member Melissa DeSilva showed a 1280 pound black

Limousin named Chuckie to the Grand Championship, winning the Elk Point Co-Op banner. The Reserve Champion banner from Lakeland Meat Processors went to an 1188 pound Limousin named Kaets, shown by James Babenek.

Showmanship was judged throughout the afternoon, with the first place Clayton Orr Memorial trophy halters going to senior James Babenek and junior Mark Ference. Second place awards from Mountain View Farms went to senior Peter Danyluk and junior George Danyluk.

Peter Danyluk's steer gained 3.522 pounds per day for the Rate of Gain award from St.

(Continued on Page 12)



JAMES BABENEK and his cow-calf pair started out with a win in the Cow -Calf class and went on to win the Supreme Female banner from Lazy H Simmentals presented by Lorraine Danyluk.

■ Cap and Gown Ceremonies

Five graduate in Heinsburg High's 'year of firsts'



THE CLASS WITH CLASS -- Left to right, Martin Delorme, Shiela Quinney, Roscoe Sanders, Juanita Daniels and Aaron Sharkey were the toast of Heinsburg at Friday's ceremonies.

It was a year of firsts for Heinsburg High School: firstly, the Class of '99 wore caps and gowns, and secondly, every one of them has the ability to graduate this month. Parents, friends and family joined with graduands Juanita Daniels, Martin Delorme, Shiela Quinney, Roscoe Sanders and Aaron Sharkey to celebrate the conclusion of their high school years in a beautiful ceremony Friday night at the school.

The evening started with the opening of a time capsule created in September 1990 by a Grade 3 and 4 class taught by Shiela Thompson, who was on hand as longtime classmates

Shiela Quinney, Aaron Sharkey and Roscoe Sanders opened the box containing a Fozzie Bear and other mementoes of their elementary years.

Shiela Quinney toasted the parents, with a reply by George Sanders, while Martin Delorme toasted the staff, with a reply by Barry Smith. Sandra Bishop offered the pre-dinner grace.

Brian Clarke was MC for the ceremonies, which began with the grad processional with music by Kirsten Sanders. Juanita Daniels offered an original poem as the invocation, and followed the school's tradition by passing the colors to Grade 11 student Lawrence Quinney.

Charlie Thompson presented gifts from the Heinsburg Community Club and told the graduands, "wherever you go on life's journey, you will always be part of this community."

Aaron Sharkey and Martin Delorme related the history of the class, and told of each member's future plans: Roscoe will attend Lakeland College to become a heavy equipment technician, Aaron, Shiela and Juanita are off to Augustana College to pursue, respectively, social sciences, environmental studies and English. Martin is joining the Armed Forces.

Each student received two

(Continued on Page 2)

community NEWS

Five graduate at Heinsburg High

(Continued from Front Page)

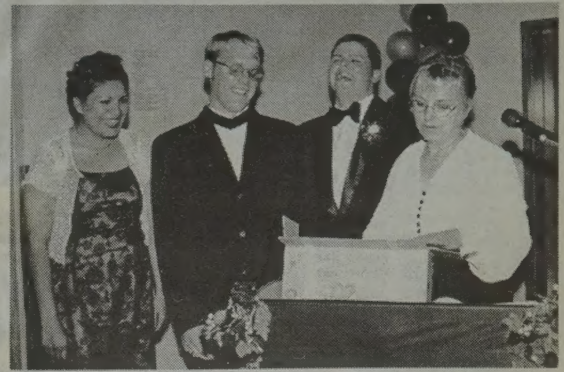
Each student received two scrolls, the first from Carmen Brodziak, Assistant Superintendent

of St. Paul Regional School Division, who told the grads "time is so precious... make use of every moment, and make some

good choices." The second set came from MLA Paul Langevin, who said that in this "time of facing the unknown, there is no rea-

son to fear the future. You are great students and worked hard."

Juanita Daniels and Roscoe Sanders shared the



A LOOK BACK IN TIME as students and their 1990 teacher Shiela Thompson open the time capsule.

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An investment in the health of our children for today and tomorrow.

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- Now with additional funding of \$75 million over three years, more than 35,000 Canadian women whose health or whose baby's health is at risk will benefit from this investment in communities all across Canada.
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Canada

Class Address, relating how they had "laughed, cried, shared our dreams... we touched each other's lives..." and now, heading out into the world, "we take our experiences, our victories and failures.. the people on this stage have the qualities they need to succeed."

Randi Daniels entertained with her tribute to the grads, singing "Wide Open Spaces."

Guest speaker was former Heinsburg teacher Monique Garnier, who recalled special aspects of each graduand. She said they face a world which has changed dramatically over the past century and which will continue to change. However, she feels "this class is ready to face the challenges of the 21st century. They have the skills needed to turn opportunities into success."

School board representatives Bertha Christenson of Fishing Lake and Ray Danyluk of St. Paul Education offered congratulations. Mrs. Christenson told the class "you are posed on the threshold of your adult lives... make your decisions carefully and without haste. Take every opportunity you have to learn... and greet life with strength and intel-

ligence." Danyluk noted that this is the first class under the new policy, which states that students must have the potential to graduate in the current year in order to take part in a graduation ceremony. He urged them to "be proud of your heritage, your community and your school. Forge into the future — you will make a difference and you will be remembered."

School Council chair Darrell Younghans said the new new rules bring forth a class with "quality, not quantity," and suggested that they enjoy life, "make it all it can be, but take time to smell the roses."

Principal Lorne Young offered closing remarks. "I don't want to belittle any previous grad. I am always proud of our graduations, but I am particularly proud tonight. We have five people who in spite of their youth, have a goal in life, places to go and things to do. They have made their choices and are moving on. They make me so incredibly proud."

Former Heinsburg student Marmie Quinney sang "The Light In Your Eyes" as each student left the stage to be escorted through the hall by their parents, and later to join in cutting a ceremonial cake.

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from the FCSS DESK

Senior Citizens Week is here!

By Deanna Easthope
FCSS Director

June 6 through 12, 1999 is Senior Citizens Week. The goals and objectives of the week are: (1) To recognize and honor senior citizens in Alberta, (2) to highlight the positive contributions that seniors are making in their communities, and (3) to promote understanding of and to encourage positive attitudes toward seniors.

1999 is also the International Year of Older Persons with the theme of "a society for all ages." The Alberta theme as sponsored by the Alberta Council on Aging is: The Senior Friendly program. Being Senior Friendly means (1) considering the needs of seniors, and (2) respecting seniors' contributions.

In our town of Elk

Point we will be highlighting the theme of "Senior Friendly" during Senior Citizens Week. Staff at businesses or places of service will be wearing the "senior friendly" name tags. These locations throughout the year do several things that pay attention to seniors and give them recognition for their contributions. Therefore, during this week, it is our community's way of saying thank you to them on behalf of seniors.

Also, this spring, the

FCSS office asked the Junior High students in three classes to write a report on a senior they knew. Some of the reports were written on the seniors these students came in contact with as they visited seniors in Extencicare. Others chose to write about their grandparents. All of these reports were wonderful to read and you could feel the special closeness these students developed with the senior person. Most students expressed gratitude for the things

they learned from the senior. The winners of this contest were given "senior friendly" t-shirts.

For those people who enjoy writing essays, there is the Legacy Collection Essay Contest which was announced in the April issue of Reader's Digest. Readers are invited to submit a 250 word essay based on an interview with a senior. Deadline for entries is July 2, 1999. There will be four contest winners, one for each of Reader's Digest's pub-

lishing regions.

There is also an audio/video contest with the Legacy Collection. This contest is divided into two age groups: youth (10-18) and adult (19 and over). Both groups can enter the contest by submitting a taped interview on either audio or video tape. The deadline for submissions is July 31, 1999. An exciting

New Brunswick vacation package for two is the grand prize for either the essay or audio/video contest.

Yes, this week is Senior Citizens Week and 1999 is the International Year of Older Persons. It is a great time to recognize our seniors. And... it is a great time to be "senior friendly"! Thank you, seniors, for all you do!

*Seniors are
Special!!*



SENIORS ESSAY CONTEST WINNERS — Writing essays about the seniors in their lives won these F. G. Miller High School students each a "Senior Friendly" t-shirt. Winners from Grade 8 A were Kristy Myshaniuk, Brad Young and Danielle Schnurer, from 8 B, Melissa Dorey, Kirsty Lindquist and Loni Badger, and from 9 A, Jelayne Pankiw, Lyndon Krankowski and (not shown) Romy Rohner. Shown with them are their teachers Maureen Ference, Cheri Lindquist and Mike O'Neill.

NEW LISTINGS!!!! NEW LISTINGS!!!! NEW LISTINGS!!!!

1. 5137 - 58 AVENUE

1204 sq. ft. 3 bedroom bungalow in a family neighborhood. Well maintained home - oak cabinetry and bay window in kitchen, all appliances remain. Basement is semi-finished. Two tiered deck off back door into fully fenced backyard.

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2. 5117 - 51 AVENUE

790 sq. ft. 2 bedroom home in a quiet neighborhood with fully matured trees on the property. Upgrades include rug and lino throughout. Fridge, stove and all window coverings remain.

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3. 5205 - 50 STREET

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*We Salute
Our
Seniors*

Above the Limit winners for May

The May draws have been made in F. G. Miller High School's Above the Limit contest. Students who had the most entries in each grade were: Grade 7 - Grayson Bilak; Grade 8 - Kirsty Lindquist; Grade 9 - Dean Sereda; Grade 10 - Michelle Leckie; Grade 11 - Spencer Easthope; and Grade 12 - Dawn Poisson.

Winners of this month's prize draws were Maureen Myshaniuk, Sarah Butler, Tasha Yopyk, Spencer Easthope, Stephen Kozina and Courtney Maksymec.

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VIEWPOINTS

Canada, a society for all ages



International Year of Older Persons 1999

TIC talk is back!

By Sherry Pelech
Tourist Information Clerk

As of June 2, the TIC (Tourist Information Centre) is again open for business. We have a spiffy new brochure rack that not only tidies up the counters and organizes pamphlets, but there is a possibility that we may even be able to find requested bits of information. So, on the whole, things are looking up.

Our new 1999 Alberta Accommodation and Campground Guides are here, as are the new maps - sorry, we'll be charging \$1.75 for them (the maps) this year. And for unknown reasons, the powers-that-be have elected not to publish a Travel Alberta brochure this year. But we do have Lakeland/Lake Country Tourism Guides.

As we write this, our B. C. information has not arrived but we are expecting it any time now. We do have a few 1998 B. C. maps left in stock and will give them out free on a first-come-first-served basis.

Saskatchewan Accommodation/Vacation Guides are in as well as those wonderful Events Guides that Tourism Saskatchewan publishes. (We can only wish that Alberta Tourism was as clever.) But our Saskatchewan maps have not arrived. If they aren't in by the beginning of next week we will have to send out the bloodhounds to track them down.

We also have a miscellaneous assortment of brochures and information like the Stettler Railway Excursions schedule and the 1999 schedule and rates for the Edmonton Queen Riverboat Cruises. We also have the 1999 Race Schedule for the CPCA (Canadian Professional Chuckwagon Association).

So you had best get planning! It looks like a busy summer. (Also keep in mind Elk Point's big Canada Day celebration on July 1 and remember: you do NOT have to be a Chamber of Commerce member to volunteer your time and energy to help us with the Pancake Breakfast!)

■ Senior Citizens Week

Crime prevention tips for today's seniors

By Sgt. Lyle Marianchuk
Elk Point RCMP Detachment

Elk Point RCMP wish to congratulate the seniors of Elk Point and surrounding area for their contributions, not only this year, the Year of the Older Persons, but also for all the positive contributions they have made throughout the years to make Elk Point and area a safe and friendly place to live. In honor of Senior Citizens Week, we would like to provide some tips to seniors to help them out.

Personal safety and crime prevention tips apply to all, regardless of age. However, there are some things seniors can do to further reduce the likelihood of being victimized.

In your community:

- Walk only in well lit areas.
- Do not burden yourself with packages or a bulky purse.
- Never display large sums of money in public.
- Go shopping in pairs or as a group.
- Walk in the centre of the sidewalk, away from alleys and doorways.
- If you suspect you are being followed, cross the street, go to the nearest home, service station or business, and call police.

In your home:

- Keep valuables in a safety deposit box at your bank. If this is not possible, keep them locked in a hiding place in your home.
- Mark valuable items for identification.
- Don't keep large amounts of cash at home.
- Get to know your neighbors.

Protect yourself from fraud:

- Always inspect the credentials of anyone who contacts you or comes to your door.
- Contact the police and your bank if anyone claiming to be a bank examiner contacts you and asks for your assistance.
- Never leave strangers unattended in your home.
- Be cautious of "just passing by" home repairmen offering repair work at a savings. Check the offer first with the Better Business Bureau or a reputable repair company.
- Never sign a contract that you have not

read and fully understand.

■ Before investing money get a second opinion from a spouse, friend, financial advisor or lawyer.

■ Avoid suspicious contests, travel club offers, retirement estates offered "sight unseen" and telephone solicitation.

Some habits, such as carrying large amounts of cash, or cashing cheques at month end are no longer considered safe. It would be wise to explore options for "direct deposit" or "direct payment" with your financial institution. Carrying a credit card or a cheque is safer than carrying cash in case of emergency.

Contact the crime prevention section of your local RCMP detachment to further explore safety options.

Seniors and crime: statistics

■ In Alberta and across Canada, seniors are less likely to report themselves as victims of crime than younger age groups. A 1998 Environics Poll in Alberta showed that only 8% of respondents aged 65 or older reported being victims of crime in the past year, while among those aged 18 to 24, 34% reported being victimized during the same period. This same poll found that more seniors report crimes against them to the police. In 1998, 100% of crime victims polled who were aged 65 or older had reported crimes against them to the police.

■ While seniors are less likely to be victims of crime in general, there are some offences such as telemarketing fraud, home renovation fraud and elder abuse in which seniors are the most likely to be victimized and are least likely to report. Polls indicate that the fear of crime is greater among seniors than other age groups. Only 55% of seniors in Alberta reported feeling very comfortable or somewhat comfortable walking alone at night in their neighborhoods, compared to 76% of all other respondents.

■ From the Legislature

Spring Legislature session strikes the right balance for Albertans

By Paul Langevin, MLA
Lac La Biche - St. Paul

The Alberta government passed 36 pieces of legislation and announced more than 40 separate new initiatives in the Spring Legislature session. These changes are expected to strengthen the province's fiscal position, protect the environment, support families and children, and simplify rules and regulations.

Highlights of the session, which began February 16, 1999, included nearly \$1 billion in extra health funding, \$600 million in new education spending, and precedent-setting income tax reform announced in Budget '99. The government also announced a Task Force on Children at Risk which will review programs and services for children.

Other moves include a new provincial debt repayment

plan, an overhaul of highway traffic laws, improvements to the Assured Income for the Severely Handicapped program, establishment of Climate Change Central to lead the way on greenhouse gas reductions, and special environmental protection for the Whaleback region.

The Constituency office mailing address is Box 1848, St. Paul, Alberta, T0A 3A0.



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community NEWS

Auto Club show another shining success

Elk Point Auto Club's annual show and shine brought out 37 gleaming vehicles which filled both sides of Main Street with antique, collector and modified vehicles on Saturday afternoon. Crowds of viewers toured the show, clutching ballots as they marked down their favorites in each category.

Bob Lee's 1929 DeSoto roadster, a perennial favorite, won the EPAC

trophy in the Antique category. A 1940 Ford Deluxe Opera coupe owned by Brian Samuel of Cold Lake was second in the category for the Mystery Man trophy.

Tyson Balash of Myrnam won the Post '60s Antiques with his lime green 1973 Plymouth Duster for the Shamrock Valley Enterprises trophy. Second from Dan's Auto Body went to Richard Meyenburg, Paynton, SK with his bright orange 1968 Camaro.

In the Modified category, Larry and Flo Nordquist of Lloydminster were second with their 1930 Ford Model A for the Signatures Collision and Frame trophy, with Jack Radke's bright purple 1931 Model A second for the CJ Mechanical trophy.

A very unusual 1946 Oldsmobile limousine, owned by E. Horbasenko of Two Hills, won the Woody's Trophy and Gift award in the Show category, as well as the

People's Choice award sponsored by Remax Lakeland Realty. The Harold Lefebvre trophy went to second place Paul Buoy's 1953 Chevy Impala hardtop.

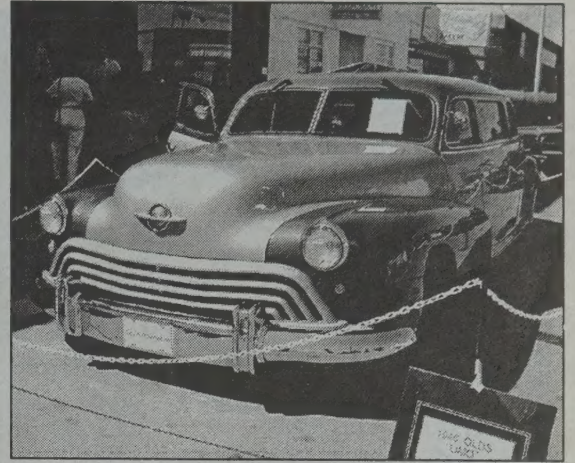
The Review's own Diane Balash won the Elk Point Insurance trophy in the Convertibles category with her 1971 Dodge Challenger. Second and the Elk Point Burger Bar trophy went to George Capp, Ashmont and his snowy white '61 Caddy.

Brian Blanchard took home another first place trophy from B & D Industrial for his 1963 Mercury pickup, while Lloydminster Heavy Crude's 1928 Chev tanker took the Hillside Service second place trophy in the Truck division. It also won the Home Town Grocers award for oldest entry in the show.

Bernie Drolet's 1949 John Deere tractor won a plaque from EPAC.

Russ Adams of Spruce Grove, showing a 1964 Ford Galaxie hardtop, won the Furthest Away award from Cal's Home Hardware.

In conjunction with the



BEST OF SHOW -- A 1948 Oldsmobile limousine owned by E. Horbasenko of Two Hills wowed the voters at Saturday's Auto Show and Shine.

Auto Show, Home Town Grocers ran a hilarious Baby Crawling Contest, on carpet supplied by Ideal Carpets. Grace Fontaine edged ahead to win flowers from Stems 'N' Stuff, Gage Elliott was second for a toy from Stedmans, Jennifer Yarmuch third to win a gift set from Home Town and Chase Baumgardner

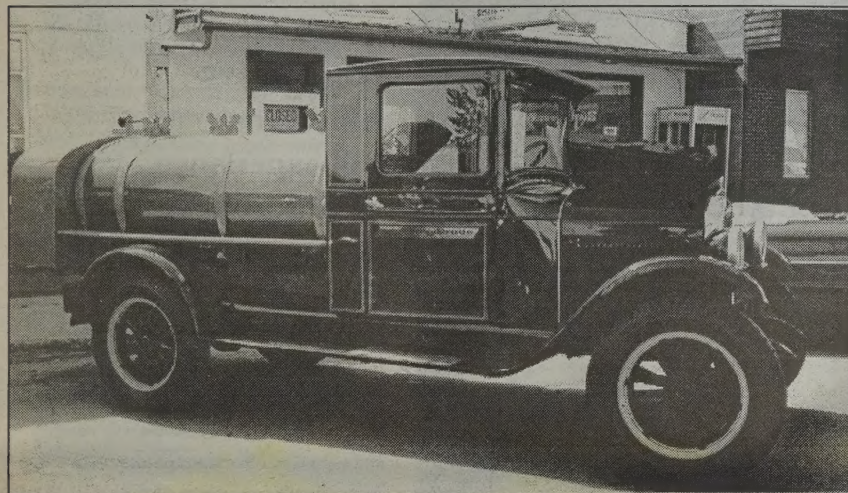
fourth for a sub and pop from Footprints.

Home Town also hosted a Remote Control Car Race, won by Casper Zarowny, with Kyle Sommerville second, Chris Bueckert third and Tyson Sommerville fourth. Prizes were water guns from Home Town and gift certificates from Footprints.

Thank You

The F.G. Miller Millennium French Club would like to thank the following sponsors for helping to make our Talent Explosion '99 a success. We sincerely appreciate your support.

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OIL TRANSPORT, 1928 STYLE -- A 1928 Chev truck with oil tank won both the Oldest Vehicle plaque and second place in the Truck category. The handsome machine is owned by Lloydminster Heavy Crude.

More Auto Show pictures next week.

Chamber getting set for summer

Elk Point Chamber of Commerce is getting set for a busy summer, which started this weekend with their Community Wide Garage Sale. Twenty garage sales were registered for the event, and brought many people into town over the weekend, which also included several sidewalk sales, the Auto Show and the 4-H Multi Club Achievement Day on Saturday.

The Tourist Information Centre is open for the season, and had already had its first customer prior to Wednesday's meeting, TIC clerk Sherry Pelech reported. Completion of painting of the exterior of the centre was discussed, and rather than finding Chamber volunteers, it was decided to hire students to finish the job.

Next on the calendar is the Canada Day Pancake Breakfast, and Chamber members were told that Agricorp has offered to donate all the pancake flour for the event. New turners have been purchased, and purchase of a

second thermal jug for juice was approved. Sherry Pelech is busy ordering groceries and lining up grills and workers for the event. If you wish to volunteer your assistance with the breakfast, call the Chamber at 724-2210.

Chamber President John Yettaw announced that he moving out of Elk Point and is resigning his

position as of June 7. Glenn Harms thanked John on behalf of the members for "a tremendous job." The Health Centre crisis was "hard, heavy going," and Harms praised Yettaw for his all-out efforts on the community's behalf. He added that the Chamber now has "a great atmosphere at meetings... and all the credit goes to John."

Discussion of the Pan Canadian building and the future of Northern Lights Library System were put on hold until more information on new developments is available.

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Sit Back and ENJOY!!!

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27 km east of Elk Point on Hwy. 646.
Phone the campground office at 780-943-2320 for more information.

THE REVIEW IS SENIOR FRIENDLY!!

In Recognition of Senior Citizens Week,
June 6 - 12, 1999

We invite all seniors 65 and over to

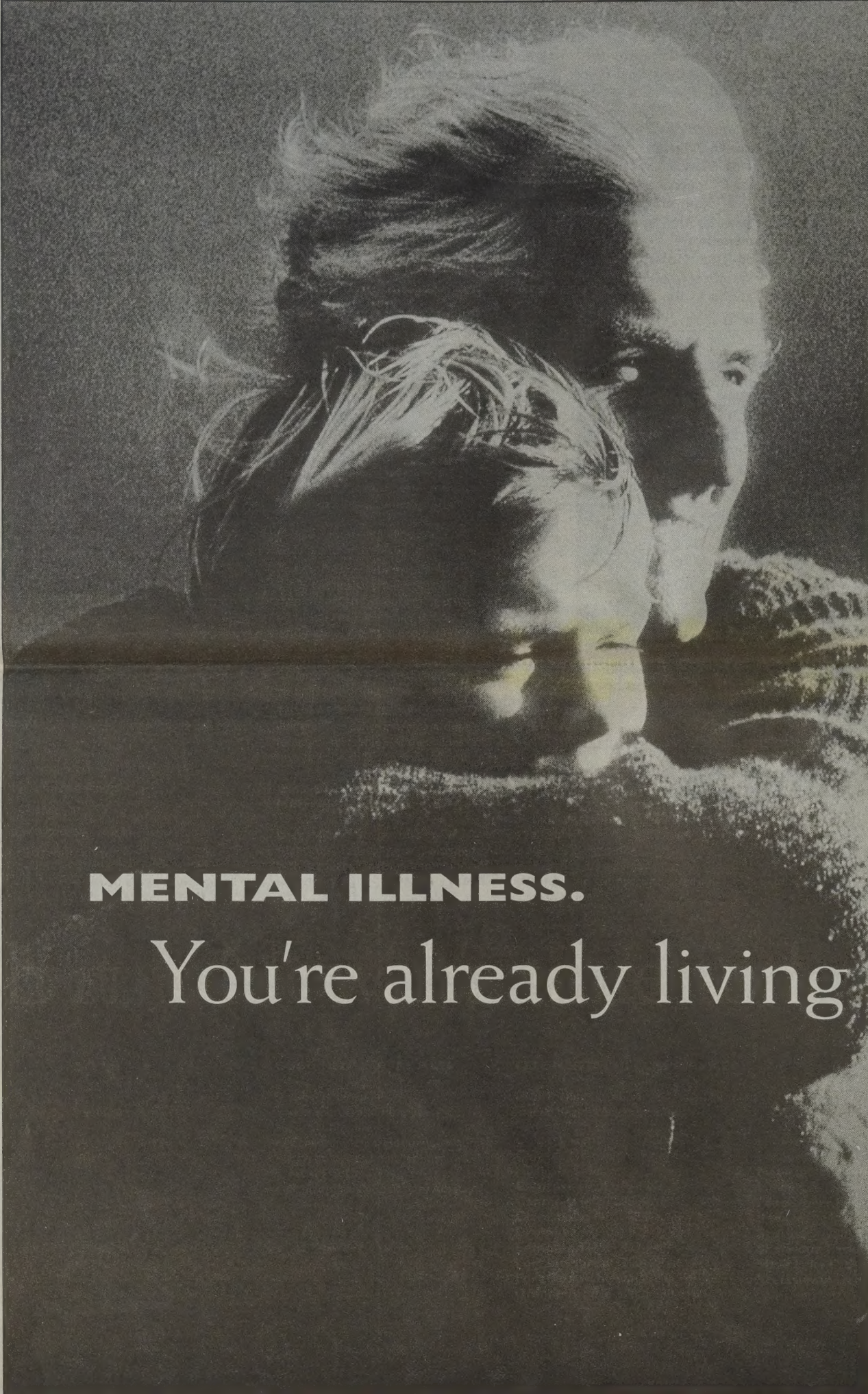
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to the ELK POINT REVIEW

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Have a Very Happy Senior Citizens Week!

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MENTAL ILLNESS.

You're already living with it.

One in five
Albertans
will experience
mental illness
in their lifetime.

Mental illness strikes more Albertans than breast cancer, diabetes or Alzheimer's disease. Yet an estimated 40% of Albertans don't know the signs and symptoms of mental illness. And even when they recognize the signs and symptoms, many will feel too ashamed to ask for help.

One in five Albertans will need treatment for a mental illness during their lifetime. Chances are, it will affect someone you know. And chances are, you'll need to know more about mental illness... for the sake of someone you love.

TRUE OR FALSE?

- 1 Mental illness includes everything from depression to schizophrenia.

TRUE Mental illness is a broad term that includes everything from depression and anxiety disorders to bipolar disorder and schizophrenia.

- 2 Too much stress leads to mental illness.

TRUE If stress gets out of control or lasts for too long, it can lead to depression, which is a mental illness. Stress by itself isn't a mental illness.

- 3 People can "work through" mental illness if they want to.

FALSE While some people with mild or early-stage illness can recover on their own, many people will need some kind of treatment. Getting treatment doesn't mean you're weak or sicker than others.

- 4 People with mental illness are violent and unpredictable.

FALSE People with mental illness are more likely to hurt themselves than others (most become passive or withdrawn). Very few people with mental illness are violent toward family members or strangers.

- 5 Once you have a mental illness, you have it for life.

TRUE AND FALSE Some genetic illnesses like schizophrenia are life-long (yet treatable). Other illnesses only last for short periods of time.

WHY CARE ABOUT MENTAL ILLNESS?

Mental illness strikes one in five Albertans. It usually starts slowly, with gradual changes in behaviour or personality. If you recognize the early warning signs, you or your family can

get treatment early... before the illness goes too far. It's no different than checking for skin cancer: early detection means better treatment and less disruption to your family and work.

WHAT IS MENTAL ILLNESS?

Mental illness is a broad term that covers a lot of conditions.

Almost everyone has times in their life when they feel blue or distressed. Sometimes people have trouble concentrating, or they feel distant from people around them. These mental health problems are normal reactions to stress and other situations.

A mental illness is very similar to a mental health problem except the symptoms are more severe, more frequent or may last for longer periods of time. Examples of mental illness are:

- Clinical depression
- Anxiety disorders (for example, post-traumatic stress disorder, panic disorder)
- Personality disorders (for example, borderline personality)
- Schizophrenia
- Manic depressive illness (bipolar disorders)

WHAT CAUSES MENTAL ILLNESS?

There are many causes of mental illness. Some common causes of mental illness are:

- Biochemical processes in the brain
- Genes or heredity
- Reaction to trauma
- Prolonged exposure to stressful environments

SIGNS AND SYMPTOMS OF MENTAL ILLNESS

Mental illness doesn't suddenly appear out of the blue, like a person "snapping" one day. In fact, mental illness usually begins gradually, with the person feeling and behaving differently over time.

Common signs and symptoms include:

- Sleeping more (or less)
- Lower energy
- Persistent fatigue
- Extreme irritability or moodiness
- Excessive fears or worries
- Sadness or emptiness that doesn't pass
- Feeling hopeless or worthless
- Loss of appetite, or weight loss or gain
- Loss of pleasure in ordinary activities
- Thoughts of death or suicide
- Increased use of drugs, alcohol or medications
- Feeling restless
- Racing thoughts or rapid speech
- Frequent angry outbursts
- Excessive crying
- Increased or decreased sexual drive
- Delusions or hearing voices

TREATING MENTAL ILLNESS

Contrary to popular belief, people can't "snap out" of mental illness or "get over it." Mental illness is real, physical illness — just like other diseases — and many people will need some form of treatment in order to get better.

Some common treatment options include:

- Counseling
- Education in stress management or coping skills

- Therapy
- Medications
- Treatment for alcohol/drug abuse
- Psychiatric care

For some forms of mental illness, such as depression, treatment may be short-term. About 80% of people recover fully from depression. Other forms of mental illness may require ongoing treatment.

CAN MENTAL ILLNESS BE PREVENTED?

Some mental illnesses run in families. Medical research is trying to determine the causes of these mental illnesses — like schizophrenia — and one day they may become preventable.

Other mental illnesses, like clinical depression, may have a physical or psychological cause — or both. While it's hard to stop these illnesses from happening, taking good care of your mental health may make the illness less severe, or speed up the recovery.

For example, exercise and a healthy diet can leave you in better shape to cope with a mental illness once it starts. On the other hand, using drugs or alcohol may make mental illness appear sooner, or make it harder for you to cope with the illness.

CAN PEOPLE STILL WORK WHEN THEY'RE ILL?

While some people may need time off work to get treatment started, most will return to work once their condition is stable. With treatment, most Albertans with mental illness can return to work.

Now it's time to learn about it.

GOOD HELP IS AVAILABLE

- Alberta Hospital (Edmonton and Ponoka)
- Family physicians
- Canadian Mental Health Association
- Psychologists, family counselors, nurses, social workers
- Schizophrenia Society of Alberta

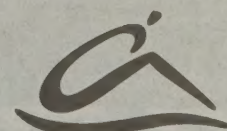
FREE MENTAL HEALTH SERVICES

FREE mental health services are available at 67 provincial mental health clinics, including:

Calgary Central (403) 297-7311
Calgary NE (children) (403) 297-7196
Camrose (780) 679-1241
Canmore (403) 678-4696
Claresholm (403) 625-4068
Drumheller (403) 823-1652
Edmonton (780) 427-4444
Fort McMurray (780) 791-6194
Fort Saskatchewan (780) 998-5225
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Hinton (780) 865-8247
Lethbridge (403) 381-5260
Medicine Hat (403) 529-3500
Morinville (780) 939-3388
Peace River (780) 624-6151
Red Deer (403) 340-5466
St. Albert (780) 459-2820
Sherwood Park (780) 467-6562
Slave Lake (780) 805-3502
Wetaskiwin (780) 361-1245

For more information contact the Alberta Mental Health Board in Edmonton at (780) 422-2233 or use the toll-free provincial RITE line by dialing 310-0000.



ALBERTA MENTAL HEALTH BOARD

review-SPORTS this week

Serious Sox have a 10 -1 record for the '99 season

By Doug Bassett
Review Sports

On Thursday night at Bassett Field against Bonnyville, Benny Mathews pitching in his first game ever allowed only four runs when the Sox defeated Bonnyville, winning their ninth straight game.

Then on Saturday in Chipman in their first game against Vegreville, the Sox, with older brother Nathan Mathews on the mound allowed only three runs, ending the game in five innings winning by the ten run mercy rule. Ten games without a loss, the Midget White Sox were rolling and you just knew that someday that would have to come

to an end.

Saturday evening in Chipman the Sox met their old rivals, Bonnyville, in the A finals, with the Sox pitcher, Dewberry Product Aaron Hansen duelling against Bonnyville's Adam Palmer, both teams playing great defence, fielding the ball well and helping their pitchers, the game stayed tied for four innings at four runs each until the bottom of the seventh, when Bonnyville bunted a run around to third, then executed the squeeze play perfectly, scoring the winning run. Ten and one record. Now this is a serious ball club, one that will learn from their loss, and the positive thing is, even though

they lost, they have never had a bad inning this year, and have always been able to field and hit very well. Even in the only game they lost, they allowed only five runs in seven innings, going four innings without allowing a run. Just for the record, this season the Sox have allowed only an average of 6 runs per game and have scored an average of 11 runs per game.

Tonight the Sox travel to Wainwright to play a team that they haven't seen yet this year.

In other action this past week, Donna Yaremkevich's Peewee Girls, playing in the drizzling rain, lost a close one to St. Paul Tuesday night at home.

Rick Bilak's Peewee Boys cancelled on Tuesday night, due to kids being at the annual Camp Whitney. Then on Thursday, they travelled to St. Paul losing 9 to 5. It was a good night for the St. Paul bats, who were hitting hard off pitcher Isaac Peters. The score would have been worse if not for Travis Anderson in the outfield, who came up with two big catches.

Dave Cousins and his Bantam Girls played in a tournament in Marwayne on Sunday, losing to last year's provincial winners from Vermilion by only two runs, then winning their second game. They went on to play Wainwright in the final.

Not too often do you

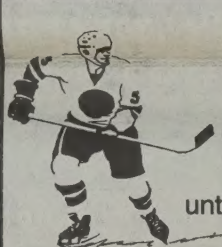
ever see a triple play in baseball, but this past week the Mosquitoes, coached by Allan Loughran, pulled one off when his son Tyler caught a pop fly, tagged second for two, then turned and threw to home for the third out. Then with the bases loaded, the mighty Kody Wickham pounded a grand slam home run to give Elk Point the 16 to 12 win over St. Paul. Some more great pitching this past week by Colin Breen and Craig Dallaire.

The Rookie Boys coached by Gary Marceniuk lost by two runs to St. Paul. Not too bad considering that they were down by eight runs until the final inning.

Some nice fielding by Mike Marianchuk and Bradley Yarmuch.

Team manager Lois Mutch told me she was a little grumpy this past week and felt that maybe her boys were distracted and had their minds someplace else other than playing ball, when the highly talented Bantam Boys had trouble fielding the ball and lost to Bonnyville on Wednesday 10 to 7, then lost to St. Paul 13 to 11 on Thursday. It didn't help having their two top pitchers, Melvin Easthope and Randy Lajimodiere both suffering with sore arms. This week the Bantams play in Medley tonight and Cold Lake is in town on Thursday.

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ELK POINT REVIEW
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Bantams duel on the fastball field

By Leanne Wilson
Student Journalist

Hello from F. G. Miller High School. On May 27, Bantam boys went head to head with the Bantam girls in a grueling fastball game. This was a practice game to help the teams in their regular games, yet have fun at the same time. The girls, coached by Dave Cousins, entered the game the favorites with a large cheering section. The boys,

coached by Lois Mutch, entered the game confident that they'd wipe out the girls team hands down.

But whoever said girls can't play ball? In the first inning the girls shut out the boys, allowing no runs in. The first three innings, the girls continued their great playing, leading the game with the boys trailing behind in their dust.

There were many exciting plays. For example, one daring boy decided to chal-

lenge the girls' catcher but found himself back in the dugout without scoring a point. The girls didn't dare taunt the boys' catcher because of his powerful arm. The girls' fielders made many awesome catches and plays that would wow major league baseball players. The boys made a few, too.

Finally, half way through the game, the boys' score started creeping up on the girls' lead.

The boys were hitting hard and fielding well. They soon took over the lead.

But both teams played their hardest with few errors, many great plays, and a lot of cheering. Yes, the boys did win in the end and deserved it, but the girls sure put up a great fight! Both teams had good practice and fun. The audience also enjoyed the game, adding to the fun with their many comments.

Regional sweeps SPAA fastball

St. Paul Regional High School carried home both banners

from last Monday's St. Paul Athletic Association Senior High fastball championships in Elk Point, defeating the host teams in both Girls and Boys divisions.

The Lady Saints took an early 4-run lead over the Crusaders and led 7-

0 by the top of the fourth inning, when Elk Point got their first points on the board courtesy of Jackie Penz and Kandice Bjornstad. St. Paul and Elk Point were both unlucky during their next turns at bat, before the Saints added another pair

in the bottom of the fifth, with the 9-2 score remaining until the top of the seventh, when Krystal Yake and Tori Warawa added a pair for a final score of 9-4 in favor of the Saints.

Adrian Kiss, who noted that the Crusaders "put up a good fight" in the final, presented the SPAA Senior Girls banner to Saints captain Trisha Wilk.

Mallaig won the "B" side girls' trophy.

Regional also took on Elk Point in the Senior Boys final, running up a score of 18-9 by the bottom of the fifth and 27-9 by the middle of the sixth. The Crusaders still provided good competition for the Saints, adding three more runs for a final score of 27-12.

Saints coach Bob Palinka acknowledged that "Elk Point has a great pitcher [Justin Malachowski] who had us worried," but Regional has "some really great players" who were up to the challenge.

Ashmont took the Boys "B" side.

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what's NEWS at the LIBRARY?

Beware: Librarian invasion coming right up!

By Karina Mitchell
Librarian

Be careful this Wednesday. Elk Point is going to be invaded — by Librarians. All the Northern Lights Library System Librarians will be descending on our little town for the quarterly Librarian's Council meeting. It only happens four times a year, so we make sure we take advantage of the time by sharing problems and solutions, ideas and questions. It is a good time to see how other libraries work and maybe take some good ideas

back to our own. And it is a good place to hear about new books! (You didn't think all those Librarians would talk strictly business the whole day?) This meeting will focus on the Summer Reading Program with a workshop for all the coordinators. It should be a good time of planning and learning!

I would also like to say a big THANK YOU to all those faithful Friends of the Library who came out and worked the Bingo on May 30. Your time and willingness is very much appreciated!

New Books at the Library...

For Adults:

From world-renowned Year 2000 expert Victor W. Porlier, Y2K: An Action Plan to Protect Yourself, gives strategies and checklists for surviving a global technological glitch that may disrupt everything from power grids to financial networks to supermarket deliveries.

The lives of a self-made billionaire, a Washington litigator and a missionary working in the jungles of Brazil are

forever altered by the startling secret of The Testament. John Grisham's latest.

For Young Adults:

Jessica has met Jeremy and she likes him. Only he cannot find out about her reputation at Sweet Valley High. Can she keep the secret? And is she the only one with a secret? I've Got a Secret by Francine Pascal.

Everybody loves their Mum, right? But is it really your Mum?! Not in the latest Goosebumps Series

2000, The Mummy Walks by R. L. Stine. One small step for Mummy...

Claudia caught Haley, the girl she was babysitting, in a lie and Haley was grounded for it. Now Haley wants revenge and she will keep on lying to get it. Soon it is Haley's word against Claudia and the Babysitter's Club doesn't know whom to trust. Claudia and the Little Liar by Ann M. Martin.

Library
Calendar
Fridays, 10:30 a.m. —

Story Time. All are invited.

Saturday, June 26 — The Friends of the Library have an afternoon Bingo. Sign up at the Library to work.



Amber Kopeck, former F.G. Miller graduate, received her business Administration Diploma in marketing. Amber is employed with the advertising firm Calder Bateman Communications in Edmonton.

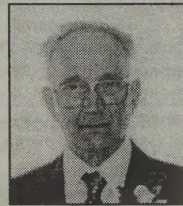
THANK YOU

The Elk Point Toronto Dominion Bank, on behalf of the Children's Health Foundation, would like to thank the following sponsors for their support.

A&W, St. Paul Bumper to Bumper (Wilter Auto), Elk Point Canadian Salt Co., Elk Point & District Lions Club (Bingo Account), Elk Point Lioness Club (Raffle Account), Elk Point O.O.R.P., Lodge #269, Golden Loaf Bakery, Empress Family Restaurant, Pepsi Cola (Edmonton), St. Paul & District Co-op (Elk Point Branch)

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STUPARYK, Mike



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Betsy Lumley \$60, Ann Sheplawy \$43, Mary Bepalko \$72, Betsy Lumley \$25, Viola Yarmuch \$25, Lynn Lizuck \$54, Mildred Boyko \$54, Annette Jenkins \$38, Arlene Bochon \$19, Ann Jacula \$19, Vi Lillemoen \$38, Ann Jacula \$38, Alf Fakeley \$38, Vi Lillemoen \$67, Viola Yarmuch \$67, Alf Fakeley \$67.

review

COMMUNITY NEWSLINE

Ladies Night Out - June 26, 1999, Elks Hall, Elk Point. Fashion Show, lunch, door prizes. Tickets available at Kelly's Closet, Stedmans or call Carrie at 724-3344.

U. C. W. Rummage Store - will be open 10 a.m. to 2 p.m. on Friday, June 18. For more information, call Verona Lea at 724-2269.

"Mother to Mother" Breastfeeding Support Group - meets 4th Monday of every month, 10 a.m. Call 724-3332 for more info. Expectant mothers and older siblings welcome.

Elk Point Parent Nursery - Every Wednesday, 10 a.m. to Noon, Elk Point United Church Hall. Children under 6 and parents welcome. For more info, call Brenda Hayman, 724-3192 or Erin Mohyluk, 741-2140.

AI-Anon Family Group Meeting, Room 605, Elk Point Municipal Hospital, Wednesday evening at 8:30 p.m.

Alcoholics Anonymous meeting, Wednesday at 8:30 p.m., Room 604, Elk Point Hospital.

T.O.P.S. meets every Wednesday, 6 p.m. - 7 p.m., Old Courthouse, south door, Elk Point.

"New To Town" FCSS would like to welcome and familiarize new families with the services and programs available in town. Welcome packages contain a community directory, volunteer directory, coupons, maps and more! Call 724-3800 for more information or drop by 4902 - 51 Street.

Recycle Your Paper - Paper trailer is located at the west side of the curling rink, 5118-49 Ave.. We take newspapers, flyers, computer and bond paper. No cardboard boxes, milk or egg cartons, phone books or glossy magazines. Please sort and bundle with string or put in cardboard boxes.

Elk Point Public Library - Mon. - CLOSED; Tues. and Thurs. 1 p.m. to 5:30 p.m.; Wed. 2 p.m. to 9 p.m.; Fri. 10 a.m. to 5 p.m.; Sat. 11 a.m. to 3 p.m.; Storytime - Fri at 10:30 a.m. Photocopies, Extended library services and reliable information sources. Public meeting space available to non-profit organizations at no charge. Please call the Elk Point Library for booking at 724-3737.

The Elk Point Legion now meets on the 2nd Tues. of each month at 7:30 p.m. in the Seniors' Centre.

Elk Point Auto Club - meets at the Empress Restaurant, Elk Point, the 2nd Wednesday of each month. More information call: Ed Smith at 724-2527.

Elk Point & Area "Stop Family Violence" Support Group - meetings are held 2 times a month. For more information call 724-2380, 724-3800 or 645-1950

Adoption Support Krew - meets the 2nd Mon. of every month at Social Services Bldg., St. Paul from 7:30 - 9:30 p.m. For more info call 724-3031.

Many Albertans gamble as a form of recreation. For a small minority, however, gambling becomes a problem. If you or someone you know is experiencing personal, social or financial problems as a result of their gambling, confidential help is available. Call 1-800-665-9676.

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Elk Point Baptist Church
5705 - 49 St., Elk Point
Pastor Jim MacLellan - 724-4194
Family Worship Service
Sundays - 10:00 a.m.
Sunday School for All Ages -
11:15 a.m.
Call Church answering service for
current programs and times.

Elk Point Christian
Community Church
Rev. Sam Donaldson - 724-2493.
Railway Avenue and 53 St.
Sunday Worship Service - 11:00
a.m.; Sunday School - 11:00 a.m.;
Office hours - Thurs. & Fri. 9 a.m. -
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St. Michael's Catholic
Church
Sunday Mass 12 p.m.

St. Vladimirs' Ukrainian
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For service times, call 645-5156,
St. Paul or 724-4351, Elk Point.

United Church of Canada
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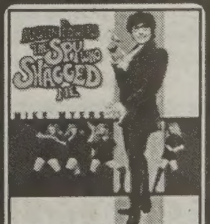
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SATURDAY & SUNDAY
MATINEES 2:00



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review-CLASSIFIEDS

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REQUIRED IMMEDIATELY: Journeyman waterwell driller. Must have Class 3 licence. Mail resume to: Lakeland Drilling, Box 1930, St. Paul, AB, T0A 3A0. Fax 780-645-1114. Attention: Darrel.

OILFIELD WELLHEAD and valve repair personnel. Must have oilfield experience, self motivated, for shop and field service, Slave Lake area. Fax resume 780-849-1904.

A MODERN COLLISION repair facility offering the most updated working conditions and equipment has an opening for a quality autobody technician to meet the demands of an ever expanding market place in Edson, Alberta. The wages and benefits offered are tops in the industry. Fax your resume to: 780-723-9561 or phone to set up your interview at 780-723-9508. Inquire only if you are looking for long term employment.

COACH FOR Brooks Junior "B" Hockey 1999 - 2000 season. Forward resume to: Box 1411, Brooks, AB, T1R 1C3. Fax 403-362-8456, phone 403-362-7227 after 6 p.m. Closes June 16.

EXPERIENCED COMMUNITY reporter needed for award-winning weekly. Reliable vehicle, camera a must. Send resume, writing samples to: Fax 250-425-6201 or e-mail evminer@titanlink.com.

FARM HELP for horse operation. Mechanically inclined. Supplied accommodations. Fax resume to: 780-962-9150.

LOOKING for a new career or just need extra money? Sell C & M Gifts' unique line of home decor, kitchen accessories, and Christmas Treasures. Call 519-258-7905, fax 519-258-0707 for free catalogues and information about this wonderful opportunity.

6 EMPLOYMENT OPPORTUNITIES

FULL-TIME, year round mature housekeeper/cleaner required immediately. Join our "House-keeping Award", winning team. Enjoy working and living in beautiful Banff National Park. Accommodation available. Phone 1-403-762-4471. Fax 1-403-762-8877.

REQUIRED IMMEDIATELY for full-time employment. Journeyman refrigeration mechanic with experience working with rooftop units. Full wage and benefit package. Albert 1-780-826-3331 or fax 1-780-826-2752.

EDITOR/REPORTER required for a weekly newspaper in a thriving community in Manitoba's Parkland. Applicants must be self-motivated, able to work under pressure of deadlines and possess a working knowledge of computers. Writing background preferred. Wages negotiable depending on experience. A comprehensive benefits package is available. Apply to: The Star and Times, P.O. Box 670, Swan River, Manitoba, R0L 1Z0 or fax resume and samples of writing to 204-734-4935 or e-mail to star@mb.sympatico.ca. Deadline for applications is June 18, 1999.

TOWN OF BROOKS. Employment opportunity. Building Safety Codes Officer. The Town of Brooks invites applications for the position of Building Safety Codes Officer/Bylaw Enforcement Officer. Reporting to the Manager of Development Services the successful candidate will be mainly responsible for administration of the Safety Codes Act and the Alberta Building Code including reviewing plans, issuing permits and inspecting building projects for compliance. Ideal candidates should be certified as a Building Safety Codes Officer Group II or better and have a minimum of two years relevant experience. Preference will be given to those candidates who are certified as a journeyman carpenter and have completed a post-secondary course in the building, engineering or similar discipline. The Town of Brooks has a non-smoking environment. Interested applicants are invited to submit their resume in confidence no later than June 18, 1999 to: Town of Brooks, P.O. Bag 880, 201 - First Ave. West, Brooks, AB, T1R 1B7. Attention: Mr. M. Landry, Manager of Development Services. Fax 403-362-4787.

6 EMPLOYMENT OPPORTUNITIES

OPERATIONS MANAGER/Project Engineer. This is an exciting opportunity to be in on the ground floor of developing a new industrial plant and then manage its on-going operation. Located in Outlook, Saskatchewan we are establishing an alfalfa processing facility utilizing new and advanced processing technology. Our team needs an operations manager who can join us at an early stage to oversee engineering design and construction and then manage on-going operations. Experience in maintenance and operation of heavy rotating equipment and demonstrated management skills are essential. Industrial mechanic. An opening also exists for a mechanic at Outlook. Send resume to: Harvest Foods Ltd., 201 - 112 Research Drive, Saskatoon, SK, S7N 3R3. Telephone 306-975-0085. Fax 306-975-1075.

JOCUS TOYS EXPANDING, need consultants, 300 educational products, 80% under \$20. Flexible, fun, great commissions. Home parties, catalogue sales. Information, free spring/summer catalogue. 1-800-361-4587, ext. 9335.

BUSINESS MANAGER needed for G.M. dealership, 45 minutes from Edmonton. Great atmosphere, great facility. Looking for positive, motivated individual with ability to work well with others. Sales and leasing experience a must. Good opportunity for successful candidate. Benefit package - rewarding pay plan. Apply by resume to: Box 99 c/o AWNA, #800, 4445 Calgary Trail S, Edmonton, T6H 5R7.

6 EMPLOYMENT OPPORTUNITIES

SALESPERSON - AWNA newspaper requires a full-time advertising salesperson a.s.a.p. Previous newspaper sales experience an asset, but not necessary. Previous sales experience is though. Send resume by June 18 to: Publisher, World Publishing, Box 419, Hardisty, AB, T0B 1V0. Fax 780-888-3850 or e-mail: hworld@telusplanet.net.

ALLIANCE TRAINING OFFERS Class 1, 2, 3, B-Trains, grade training and oilfield safety. Heavy equipment - Backhoe, bulldozer and excavator. Call 1-888-844-0609.

INTERNATIONAL SCHOOL of Auctioneering. Become a professional auctioneer for only \$895. Canada's oldest auction school. June 28/99, Olds College Campus. Don't pay more for less! 1-800-465-7578. Free brochure.

EXCITING WELL paid careers in computer programming. We will prepare suitable applicants. Ministry of Education Registered Home Study Diploma Program. Financial assistance, loaner computer systems and job placement tools available. No experience necessary. CMS 1-800-477-9578.

WANTED

Full-time/Part-time experienced cooks & waitresses. Apply by dropping resume off or pick up an application at the Hilltop Cafe.

EXPERIENCED JOURNEYMAN CARPENTER NEEDED

For the
FISHING LAKE METIS SETTLEMENT
General Delivery, Fishing Lake, AB T0A 3G0
Phone: 780-943-2202 Fax: 780-943-2575

Duties:

Overall supervision of apprentices and general laborers and co-ordination of the construction of Four (4) New Homes.

Wages: Negotiable

Deadline:

June 10, 1999 at 4:00 p.m.

Submit resumes and copy of valid journeyman certificate to:

Lorraine Cardinal, Housing Co-ordinator
Fishing Lake, AB T0A 3G0

lakeland marketplace

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Tuesdays - \$3.00 per week + G.S.T.

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(20 cents per word per newspaper insert over 25 words)

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Corrections - The publisher will be responsible for only one insertion as a correction. It is the responsibility of the purchaser of the classified ad to check their ad after the first publication and let us know if there is a mistake before the next insertion is printed. The publisher will not be responsible for errors in classified ads that have been phoned.

Place your order at either of our offices:

Elk Point Review - 724-4087

St. Paul Journal - 645-3342

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review-CLASSIFIEDS

7 ENTERTAINMENT & EVENTS

REYNOLDS - ALBERTA MUSEUM, Wetaskiwin, Alberta presents: "History Road," a two kilometre display of 300 vehicles from 1901 - 2000. Fashion parade daily. June 12 and 13. Call 1-800-661-4726.

SHOW, SHINE, CRUISE, SUPPER AND DANCE - To be held this July 10 at Dewberry, Alberta sponsored by the Lions Club of Dewberry. All classic cars, trucks, motorcycles, tractors and special interest machines welcome. For more details watch for our posters or contact Monty at 780-847-2638 or -3866, Dan at 780-847-2253 or -2257. Plan for this one, could be a Classic! Jun8

INTERNATIONAL GOAL-TENDERS Schools, Alberta. Edmonton, July 19 - 23; Calgary, July 26 - 30; Stettler, Aug. 26 - 29. All-ice programs now available in Edmonton and Calgary. Call IGS, Yorkton. Fax 306-786-6685, 1-888-782-3400.

FIRST ANNUAL Leduc Antique Show and Sale, June 19, 20, Sat., 10 - 6. Sun., 10 - 5. Black Gold Recreation Centre. Over 250 tables. Carswells, 403-343-1614.

THEATRE ALBERTA offers summer theatre workshops for adults and a residential theatre school for teens in July. Call 1-888-422-8160 for information or to register.

8 FEED & SEED

4 - 3300 BUSHEL WESTEEL ROSCO - Grain bins on wood floors. Phone 636-3208. Jun8

SEED OATS OFF BREAKING - 98% germination. Call 645-4158. Jun8

ALFALFAS, clovers, grasses, hay, pasture, turfgrass mixes, wildflowers, gardening supplies. Hannas Seeds, Lacombe, 1-800-661-1529.

WANTED HEATED or sample Canola, heated or offgrade Barley, oats and wheat. Also good hullless Barley and feed peas. Westcan Feed and Grain, toll free 1-877-250-5252.

Ziggy's Seeds

Alfalfa Seed, Tap & Creeping, Meadow Brome, Smooth Brome, Timothy, Locally Grown, Good Germination, Top Quality Seed at Reasonable Rates. All Seeds Have Certificate. We Also Have Echinacea Angustifolia. Call Dave 780-645-3193.

9 FOR RENT

FOR RENT - 3 bedroom trailer on acreage, south of Elk Point. Reply to: Box 70, Elk Point, AB., T0A 1A0. Jun15

FOR RENT - 2 bedroom apartment in 4-plex. Stove, fridge, washer, dryer included. Phone 724-3288, 724-2147. xxx

3 BEDROOM HOME - For rent. Available June 1, 1999, c/w fenced yard, garage space, developed basement, central St. Paul. \$700/month includes 4 appliances. No pets. References required. Ed 645-5529 evenings. xxx

FOR RENT - 2 bedroom suite in 4-plex. Available June 1/99. New rugs, downtown location. Phone 724-3913 leave message. xxx

1, 2 & 3 BEDROOM APARTMENTS - in Elk Point. Furnished or unfurnished. S.S. Management. Contact 724-3225, 724-4138, 724-3485 or Steve or Mary Ann 826-2250 for more information. xxx

10 FOR SALE

COMPLETE SET USED - Oak kitchen cabinets, darker finish including counter tops. Asking \$1,200. Phone 657-2589. Jun8

FOR SALE - 38' JD lawn mower, 4-year-old, in good shape. Phone 943-2162. Jun

BARN FOR SALE - South of Elk Point area. Phone 780-518-0867. Jun8

SUPER SPECIALS on new and used Kenwood - Midland - Standard - Uniden 2-way radios and portables - High Gain antennas and power supplies. Call Western Midland Communications, 1-800-289-6918.

SAWMILL \$4895. Saw logs into boards, planks, beams. Large capacity. Best sawmill value anywhere. Free information 1-800-566-6899. Norwood Sawmills, R.R. 2, Kilworthy, ON, P0E 1G0.

DSS SATELLITE subscription or card problems? Eurocards over 300 channels+, PPV, one low price, guaranteed satellite systems/Echostar available. Dealer inquiries welcome. 1-780-888-1126, 1-877-777-1447.

DSS SATELLITE CARDS. 500 channels with European V2 card. Also Echostar cards. Complete systems available. We'll beat any competitor pricing by 5%. Call 780-914-5772.

60' X 90' X 14' FARM SHOP, straight wall, galvalume cladding, \$21,000. Coloured cladding, doors, windows, labour and freight extra. Master-Craft Building Systems Ltd. 1-800-822-1836, Calgary, 403-269-4117.

FEATURING NEW Shelter Home, 16 X 80, 3 bedroom, 2 1/2 bath, wide eaves, vinyl exterior, pantry, cathedral ceiling, and much more. Save thousands. Only one left. Only \$49,990. Call 1-800-470-5444.

OWN YOUR OWN manufactured home lot in Sundre, Alberta. 25 lots still available. 6,900 sq. ft. (\$18,700.) to 13,400 sq. ft. (\$25,000.). Please call the Sundre Town Office 403-638-3551, or fax 403-638-2100

1999 PRICES have died at Alberta Custom Homes - 1998 prices prevail and \$2,000. cash back on all homes in stock. Alberta Custom Homes, Red Deer, 1-800-347-5590.

JANDEL HOMES - Edmonton's largest display home center. 1624 sq. ft. sectional home, Cathedral ceilings, vinyl siding, country kitchen with island, upgraded appliances. \$51/sq. ft. 1-800-463-0084, Jandel Homes.

MOVING TO EDMONTON? Why rent? Own a new 1216 sq. ft., 3 bedroom manufactured home for \$535/month O.A.C. including site rent. 780-962-0403.

LAST CHANCE to order our fantastic Alaska model modular home, 1691 sq. ft. for \$83,900., loaded with options. Sale ends June 30, call Westalta at 1-888-937-8111.

BLOW OUT SALE. Wide selection of preowned homes. As low as \$4,000. Call Ridgewood Homes for details, 780-470-5660 collect.

NEW 1,500 SQ. FT. home, 4 bedrooms, 2 bathrooms for only \$69,900. Phone Ridgewood Homes for details, 780-470-5660 collect.

NEW 16 X 80 SPECIAL \$46,900. and no mortgage payments until the year 2000, or 3% cash back on purchase. Call Ridgewood Homes Inc. for full details, Red Deer, 1-800-797-5714; Calgary, 1-800-797-5717; Edmonton, 1-403-470-5660 (collect).

10 FOR SALE

CASH CLEARANCE prices on selected showhomes, 16 X 80, three bedrooms, two bath, playroom, three appliances. \$1,700. down O.A.C. Four bedroom also available. Best Value Homes, 1-888-342-7699.

UP TO \$3,000. CASH BACK O.A.C. Stardust Properties offering new 16 X 80 Ridgewood Homes. Also offering modular homes c/w full basements. Assistance available with pilings and utility hookups above and below ground. Call Lloydminster 306-825-5211.

NO MONEY DOWN. 350MHz computer, 15" monitor. Colour printer \$500. programming. Win98. 3 months free, \$69/month O.A.C. Free Internet forever. National Computers Direct, 1-888-855-5527.

SHELVING - Gondola type. Over 5000 ft. in stock. Showcases, clothing racks. Clearance prices. Value Store Fixtures, 1-800-535-2279. 915 Stadium Road, Edmonton. 780-420-0345.

WE KNOW HEAT! Heatmor stainless steel outdoor wood furnaces. When only the best will do. Backed by our 10 year warranty. Call Harris Custom, 780-892-3224.

SPRUCE TREES 4 - 6' mountain grown. Only \$20. Minimum 5 order. Province wide delivery. Call Crystal Springs 403-823-8033.

TY BEANIE BABIES \$9.50. Attic Treasures, Buddies, Pillow Pals. Mail orders accepted. Petals and Presents, Glenboro, Manitoba. Hwy. 2 and 5. Phone/fax 204-827-2351. E-mail: outr@cpnet.net.

13 LIVESTOCK

FOR SALE - Angus breeding stock, yearling bulls, heifers, cow/calf pairs. Phone 726-3764. Jun8

QUALITY - Growthy, long yearling simmental bulls. Contact Dunning Simmental Holdings, 645-3771. Jun15

POLLED HEREFORD BULLS - Select your bulls from a breeding program, not a feeding program. Good stretchy bulls fed forage based ration combining low birthweights with performance. 2-year-olds and yearlings. Free delivery. Guaranteed. Upham Farms Ltd., 780-726-2195. xxx

QUALITY - 2-year-old red polled limousin bulls, black yearling 1/2, 3/4 and purebred limousin bulls. Also semen, priced very reasonable. Geneva Lake Limousin, 763-2401, Manville. Jun29

FOR SALE - Salers Bulls, red, black, yearling and 2-year-olds. Quiet bulls, thick bulls, polled and horned. Scattered Spruce Salers, 780-768-2284. Jun29

BLACK ANGUS BULLS - Yearling and 2-year-olds. Purebreds and Cross Bred Females. Eagle Valley Angus, Willingdon, AB. Phone 367-2528. Jun29

BULLS FOR SALE OR RENT - All breeds available. Also 2 livestock trucks for sale. A-1 shape. One has new motor. (27,000 miles). Phone 780-632-2139. Jun22

BULLS FOR SALE - Polled Purebred Charolais bulls, 2-year-olds and yearlings. Call 645-3706. xxx

QUALITY yearling and 2 year old Maine Anjou bulls, blacks and reds. Also open heifers. Fully guaranteed and delivered. Lawrence Spees, River Ridge Ranch. 724-2593. xxx

BULLS FOR SALE OR RENT - All breeds available. Also selling 2 GMC livestock trucks, A1 shape. One with 24' box, other 22' box. 632-2139. xxx

13 LIVESTOCK

4-H'S. WIN \$1,000. toward purchase of an Angus heifer. Draw sponsored by the Alberta Angus Association. For details phone Val 403-935-4485. Entries close June 31.

RAINBOW TROUT: 4 - 6" (75¢); 6 - 8" (\$1.); 8 - 10" (\$1.50). Province wide delivery. Receive free multi purpose pliers with purchase over \$200. Call Crystal Springs 403-823-8033.

STUD LLAMAS. Heavy wooled, heavy boned and well conformed. Variety of bloodlines. Affordable. Why pay for stud fees any longer. Call evenings 403-931-3601.

42 ALPACAS (Legacy Classic Sale II, June 11/99) and 70 LLAMAS (Legacy Classic Sale XII, June 12/99) being sold by auction. Westerner Fairgrounds, Red Deer, Alberta. Call 403-346-3148 for details or catalogue.

ALPACAS ARE beautiful, profitable and easy to raise. Rare Peruvian, Chilean and Bolivian bloodlines for breeding and sale. Free information package 1-780-955-7795, Inca Legend Alpaca Ranch.

1998 BISON HEIFER calves. 500 - 550 lbs. Out of good quality sires and dams. Call Wayne at 403-542-4877 or e-mail: sodacrik@telusplanet.net.

ARABIAN HORSES. Heavy horse team for sale. Phone 780-963-4000 between 9 a.m. - 4 p.m., Monday - Friday.

WANTED. Holstein, Jersey or Brown Swiss Heifers. Any age open, bred or fresh. 403-843-3092.

FOUR YEAR OLD ostriches for sale. Six hens, one rooster. Laying. Hens docile, rooster dominant. African Blacks. Offers. My best birds. Reason divorce. Call 780-785-9777.

15 MACHINERY

1994 NEW HOLLAND 499 HAYBINE - Very good condition, New Holland 660 Baler, good condition. Phone 726-3764. Jun8

FOR SALE - Kirchner V-plow, asking \$2,500 or will trade on grain bin of equal value. Phone 635-4175 evenings. Jun8

495 NEW HOLLAND HAYBINE - \$7,500; 410 John Deere round baler, \$4,500. Both field ready. Phone 635-2322. Jun22

FOR SALE - 4020 cab, \$6,200; IH cub \$2,600; Farmall A, not running, \$1,500; IH 400 w/farm hand loader, \$2,500; JD 720 diesel, \$3,000. Phone 645-2696. Jun15

WESTEEL ROSCO GRAIN BIN(S) - 2000 bu. with aeration, \$2,000 obo; 2700 bu., \$3,500 obo; Wheatland hopper bin, 2,700 bu. with aeration, \$7,500 obo; Westfield 10"x51" PTO swing hopper grain auger, \$3,500 obo. Greg Osinchuk (780) 853-2146 evenings - weekdays only. Jun15

FOR SALE - HD squeeze chute, palp cage, built in Alias 3000 lb. scale, Palco headgate. Palco mineral feeder. New Idea 486 round baler. Endgate drill fill 5". 16-ft. x 5" drill fill auger. New Idea 486 round baler. Versatile 400 SP swather w/18' batt & PU reel. Phone Dan at 780-847-2253 or 2257. Jun8

FOR SALE - 1996 JD 570 tandem axle manure spreader. Phone 636-3208. Jun8

IHC 4000 SWATHER - 16-1/2' crimper, pick-up reel, batt reels, gauge wheels, air conditioning. Excellent condition. \$12,500. Phone 635-3979. Jun8

1993, 540 HESSTON round baler. Hard core. 4 X 4 bales. Like new condition. 780-352-5204

15 MACHINERY

1998 - 863 BOBCAT - Comes with hand controls, 2 bucket pallets, forks, also trailer available. 180 hrs., mint condition, \$36,000. Phone 635-2217 or 635-3887. Jun8

16 MISCELLANEOUS

\$NEED MONEY\$ call 403-452-5858. Immediate approval. Debt consolidation, farm, acreage, city, home and mobile purchase. Interim financing. Consolidated Mortgages Ltd. Members of BBB.

MAKE HUGE profits trading currency like big banks and mutual funds. Call now toll free 1-800-465-9423.

17 NOTICES

SUFFIELD'S 90th Birthday. July 2 - 3. Come back and join the fun! To register contact Shirley McGraw at Box 202, Ralston, AB, T0J 2N0.

18 PERSONAL

PSYCHIC ANSWERS. Spouse cheating? Concern(s) romance, companionship? Rated #1 in Canada. Rated #1 in Canada. Police use us. 24 hours, 18+, \$2.99/minute. Call 1-900-451-4055.

PSYCHIC MASTERS! Genuine Canadian psychics. Past, present, future revealed. Romance, wealth, career, lucky numbers. Live and personal, 1-900-451-3778. \$2.99/minute, 18+, 24 hours. I.C.C.

CANADA'S LEADING PSYCHICS! Live, confidential. Reveal 1999 destiny, relationship, career, daily crisis? 24 hours, 18+, \$2.89/minute. Mystical Connections, 1-900-677-5872. Also free reading 1-877-478-4410 (credit card only).

HIMALAYA PSYCHIC ANSWERS. Guidance from above. 1-900-677-7979. 18+, \$2.99/minute, 24 hours.

LOSE WEIGHT like crazy! Call 24 hours 1-888-741-3707 toll free.

BEDWETTING can be stopped. For free booklet send name, address, phone number and age of Enuretic to: Enuresis Help, 33-1295 Pembina Hwy., Winnipeg, MB, R3T 5S3.

ASHGROVE CHRISTIAN SINGLE S ; www.huntsashgrove.com. Companionship/marriage. Ages 18 - 85. Single, widowed, divorced. All across Canada. P.O. Box 205, Chase, BC, V0E 1M0. Free information. 1-250-679-3543.

CANT GET Viagra (TM)? Maximum cream creates similar results. This natural cream available in Canada. Clinically proven in Europe. Call Marks Plaza Pharmacy, toll free 1-877-747-6664.

DIVORCE RIP OFF! Men helping men fight an unjust system. Tactics and strategies to protect your kids and \$. Free call: 1-877-BREAKUP, Ext. 98.

20 REAL ESTATE

ACREAGE FOR SALE - 5 acres with house and 32x40 heated floor shop, fenced for a few animals. Close to Elk Point. Pavement all the way. Phone 1-780-724-4469. Jun8

QUARTER SECTION FOR SALE - Approx. 80 acres. Fenced and balance in hay. Good ground water. Phone 1-780-724-4469. Jun8

ACREAGE FOR SALE - 20 acres near Beauvallon, 1500 sq. ft. home, barn, quonset, treed area. Phone 657-3462. Jun8

20 REAL ESTATE

IN TWO HILLS - 1380 sq. ft., 4 bedroom bungalow, 2-1/2 baths, new carpets, finished basement, double garage, large lot. Excellent condition. Phone 657-3462. Jun15

LARGE RV lots for sale in world class RV Resort. Gleniffer Lake Resort provides year round use. Pools, hot tub, golf course, tennis, marina. Tours! Call 1-888-728-0010.

BUSINESS BUILDING for sale or lease. Best location on Main Street, across from Canada Post, 3900 sq. ft. in Evansburg, Alberta. Phone 780-325-2624.

FARMS FOR SALE. Excellent location 30 miles south of Peace River or 10 miles north of Donnelly. Corner on Highway #2. 672 acres of farmland, 1250 sq. ft. house, finished basement, 32 X 54 heated shop. Asking \$400,000. for package. Price negotiable. Call 780-418-1181.

ARE YOU PAYING too much tax? Interested in ideal, passive Florida real estate investment, 25% below replacement value? Invest \$50,000. + or 100% finance, great tax shelter, positive cash flow, excellent capital gain potential. Extraordinary track record, 10 years, 1600 units, 600+ Canadian investors. \$125 million success story. Toll free 1-877-888-8428 for package; www.usdirectfinance.com/Jaymor.

21 RECREATIONAL

1998 TRAVELAIRE 30-FT. - Rear bedroom, bathtub and shower, stereo, microwave, air, power, jacks, stabilizing bars, mint condition. \$23,000. Phone 635-2217, 635-3887. Jun8

FOR SALE - 1985 - 16' Edson boat and trailer c/w tarp, 3.8 litre inboard motor OMC, deep V haul, in good condition. Asking \$6,500. Contact Roman at 645-2423. Jun8

TOP DOLLAR PAID for late model RVs. We will pay you immediately for late model, good condition, clean RVs. Woody's RV World, Red Deer, 403-346-1130, 1-800-267-8253.

EASY CASH for your used R.V. Instant and hassle free. (1984 or newer). 403-291-1203 (call collect and save). Majestic RV World, 2612 - 26 St. N.E., Calgary.

22 SERVICES

COUNTRY COUSINS CONTRACTING - Custom fencing (new / repair), skid steer shed / corral cleaning, light brushing, etc., and light equip. / livestock hauling. (780) 657-3388, (780) 603-0584. Jly27

PROTECT YOURSELF. Fixing your siding, ceiling, deck or roof? Protect yourself by getting all promises and warranties in writing. For more information get Alberta Municipal Affairs' free tipsheet, "Licensing and Unfair Trade Practices: Home Renovations and Repairs" available by calling 1-877-427-4088, or at www.gov.ab.ca/ma.

CRIMINAL RECORD? Canadian pardon seals record. US waiver removes risk of arrest, deportation, property confiscation. 1-800-347-2540. Uncontested Divorce? Separation Agreements? Incorporation? Fast, simple, inexpensive. 1-800-320-2477.

New Floors for Spring

We will install your lino and carpet. Over 35 years experience. Don Brooker Floor Covering Installation Service, 724-3870.

review-CLASSIFIEDS

24 TRAVEL

TRICKLE CREEK and the Kimberley Golf Club are offering midweek golf packages, starting at \$138/person. The package includes: 1 round of golf at each course, 2 nights of accommodation (double occupancy), 2 meal vouchers and all taxes. To book, call 1-800-667-0871 or e-mail Kimberley Vacations at kimbvac@rockies.net.

24 TRAVEL

SUNSHINE COAST vacation rental in beautiful Gibsons Landing, BC. Waterfront suite by the day or week. Sleeps six. Call 604-886-8971 or e-mail: mmeragli@ssimicro.com.

25 WANTED

WANTED TO BUY - Ford Extra cab or crew cab diesel. 250-371-2129.

The Classifieds:
It's All There!

HOUSE FOR SALE



Close to Schools and Downtown Shopping

1027 sq. ft. Bi-level. Oak finish 2 levels, 4 Bedrooms, 1 3/4 baths, large lot. Many extras.

Call Dick Wirges,

DALE REAL ESTATE (ST. PAUL) LTD.

PO Box 1011, 5004 - 48 STREET

Telephone: (780) 645-3741

Fax: (780) 645-5667

Natural Resources Service is prepared to receive Proposals for a **PAINTING CONTRACT** (labour only) ENVIRONMENTAL PROTECTION located at Whitney Ross Provincial Park. (Contract #P00-E801).

This contract will involve painting of all buildings in the Park. Proposal packages can be obtained at the following locations:

Alberta Environmental Protection
Natural Resources Service
Whitney Lake Provincial Park
Elk Point, Alberta

Contact Person: Kerry Hope
(780) 943-3761; (310-0000 Toll-Free)

Alberta Environmental Protection
Natural Resources Service
Athabasca / Lac La Biche Area
Box 1019 (2nd Floor, Provincial Building)
Lac La Biche, AB., T0A 2C0
Contact Person: Maurice Menard
(780) 623-0731 (310-0000 Toll Free)

Office hours are: 8:15 am to 12:00 noon and 1:00 pm to 4:30 pm, Monday to Friday. The office is closed weekends and statutory holidays.

There will be a mandatory information session at 10:00 am local time, June 14, 1999, at Whitney Ross Provincial Park. Attendance at the information session is a prerequisite for the proposal. Failure to attend the information session may render a proposal invalid.

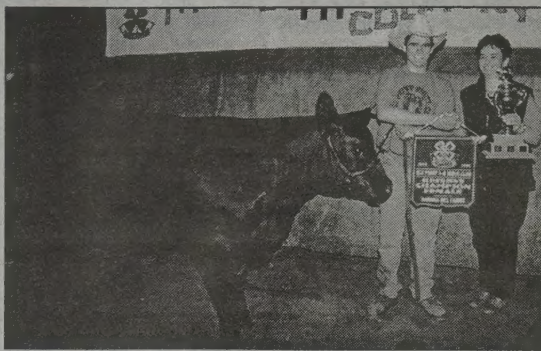
Proposals will be received at the Natural Resources Service Office in St. Paul up to 2:00 pm local time, June 21, 1999. Completed proposals must be in a sealed envelope, clearly marked to identify the site and the contract number.

Proposals will be opened in public at 2:00 pm local time, June 21, 1999, at Natural Resources Service in St. Paul.

The Department reserves the right to reject any or all proposals.

J.R. Nichols, Deputy Minister
Alberta Environmental Protection

Elk Point 4-H Multi Club champions



PETER DANYLUK showed the Grand Champion Yearling Heifer, who went on to be Reserve Supreme Champion Female. Lorraine Danyluk presents the Banana Hill Farms banner.

(Continued from Front Page)

Paul Seed Cleaning plant, while Nichole Havener and George Danyluk tied for the second place award from Champion Technologies when both steers gained 3.152 pounds

per day.

Conformation judge was Clayton Elliott, while grooming and showmanship were judged by Jennifer Connor.

Former Elk Point 4-Her Kim Reed was mistress of

ceremonies for the show while another former club member, Dwayne Vogel, was ringmaster.

Terry Holmgren was in charge of the judging cards, Linda Kurek recorded the weights determined by Tom Kurek and Mitch

Paquette, and Ellen Seward was show clerk.

Lorraine Danyluk is the club's general leader, with Elaine Babenek as her assistant, Ken Ference as steer project leader and Mitch Paquette as heifer project leader.



CHAMPION JUNIOR SHOWMAN Mark Ference accepts the Clayton Orr Memorial trophy halter from Millie, Jim and Elizabeth Orr.

MidWest Rodeo Association holds first Whitney Lake amateur competition

The brand new MidWest Rodeo Association held their first ever rodeo at Whitney Lake on Sunday, and every one of those who competed are as new as the association.

MidWest was the brainchild of Keith Sidener, who raises bucking stock, and

Bob Cook, a former chariot racer and chuckwagon outsider. The two felt that in order to keep rodeo thriving as a sport, it was necessary to give new competitors a place to learn the skills of riding bareback and saddle broncs and steers and barrel racing, while competing against others with no previous experience in the sport. Cook is the new association's president, while Sidener provides stock for its rodeos.

After the first two rodeos at Lea Park, Association secretary Doug Jordan says they have had good turnouts

and "a pretty good response." Experienced cowboys such as Jay Phipps, currently out of the action with an injury, have come to the rodeos to give the newcomers some pointers, and feel that the association for beginners "is a heck of a good idea."

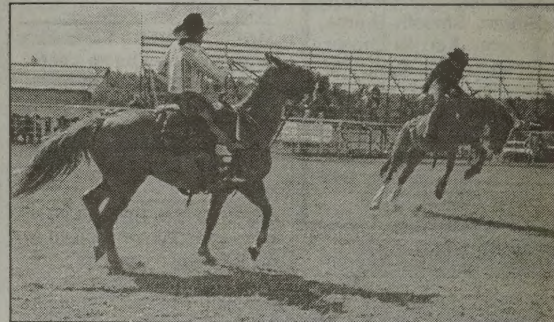
And the cowboys are getting better. Some, such as Jason Maplettoft of Frenchman Butte, SK, who marked a 68 on Sunday, are making it to the eight second whistle, quite a challenge considering the quality of Sidener's horses.

Rodeo mornings are devoted to barrel racing,

with the ladies learning techniques and horsemanship from a veteran competitor. After three sessions of training, they will be ready to try their new-found skills against the time clock at the final four MidWest rodeos.

Those will be at Lea Park on June 20 and July 4, and at Whitney Lake on July 11 and at the finals on August 7, as the new Association's first season draws to a close.

Come on out and cheer on these up-and-coming cowboys and cowgirls in their first season of competition.



MAKIN' EIGHT -- Jason Maplettoft made it all the way to the whistle for a 68 at Whitney Lake.

Invitation To Tender ELK POINT RCMP

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